



Cost of living support

If you or someone you are supporting is struggling financially, there are organisations in Southwark that can help. This includes income and disability benefits, bills and allowances, childcare, housing and travel. Find out what support is available to help with the cost of living. The Southwark Council website has a dedicated **Cost of Living Support** page full of useful information.

An online version of this information is available at www.southwark.gov.uk/here-to-help
Copies of the leaflet are available from the school – please contact us if you need one.

Below is a list of supporting organisations that might be useful to you and your family.

Southwark Council Benefits and Support

Visit <https://www.southwark.gov.uk/benefits-and-support> for cost of living support, council tax reduction, housing benefit and universal credit support.

The Local Support Team

If you are vulnerable or experiencing financial difficulties, call/email to explain your circumstances and they will discuss what support they can offer you.

Visit: www.southwark.gov.uk/benefits-and-support

Email: localsupport@southwark.gov.uk

Call: 020 7525 2434

Citizen's Advice

Citizen's Advice Southwark provides a drop-in advice service, telephone and email advice service for people who live, work and study in Southwark.

Drop-ins:

- Bermondsey – 8 Market Place, Southwark Park Road, SE16 3UQ, 10am-2pm
- Peckham – 97 Peckham High Street, SE15 5RS, 10am-2pm
- Walworth – 6-8 Westmoreland Road, SE17 2AY, 9:30am-4:30pm

Telephone Advice: 080 8278 7849

Visit: www.citizensadvicesouthwark.org.uk

Big Local Works

Big Local Works offer free and confidential appointments in SE16

Every Wednesday at Surrey Quays from 10am - 4pm

- Universal credit applications
- Personal Independence Payment (PIP)
- Employment Support Allowance
- Disability Living Allowance (DLA)

For appointments:

Call: 0207 237 5221

Visit: www.biglocalworks.org.uk

Email: lea-anne@biglocalworks.org.uk

Family Fund

Family Fund is the UK's largest charity providing grants for families raising disabled or seriously ill children and young people. Their purpose is to improve the lives of low-income families raising disabled or seriously ill children and young people.

Visit: www.familyfund.org.uk

Email: info@familyfund.org.uk

Tel: 01904550055

The Southwark Community Support Alliance

Southwark Community Support Alliance can help vulnerable residents with food, mental and physical wellbeing, financial support and translated information. Financial help for families on a low income (Southwark Council Cost of Living Fund)

These are ways to contact the alliance:

- complete online referral form; www.southwark.gov.uk/community-help-form
- email: CommunitySupportAlliance@southwark.gov.uk
- phone 020 7525 5000 and choose option 3, then option 1. Lines are open Monday to Friday, 9am to 5pm.

www.southwark.gov.uk/benefits-and-support/cost-of-living-support/helping-our-vulnerable-residents

www.southwark.gov.uk/benefits-and-support/cost-of-living-support/help-with-food-and-household-essentials

Save money and reduce your carbon footprint

The cost of living is rising and we're facing a climate crisis. Here are some tips to help you keep a bit more money in your pocket, by cutting energy and food waste.

These tips help reduce your carbon footprint, which is good for the environment.

- ✓ Switch lights and devices off when not needed
- ✓ Leave your car at home – walk or cycle instead
- ✓ Microwave more meals – a microwave uses less energy
- ✓ Stick to your shopping list – buy what you need and avoid wasting food
- ✓ Install foil behind your radiators – you can reflect heat back into the room
- ✓ Turn down the flow-temperature on your combi-boiler –

Get more tips and helpful recipes, tools and step-by-step guides by join their mailing list by visiting: www.southwark.gov.uk/greensavers

'Worrying about money' leaflet and website

Use the 'Worrying about money' leaflet to find advice and support in Southwark, including support to maximise your income and access debt advice. Copies of the leaflet are available from the school – please contact us if you need one.

Visit: www.worryingaboutmoney.co.uk/southwark

